

## ABSTRACT

A method and apparatus are disclosed for a waking system that wakes an individual gradually over a period of time in order to promote the wellness of that individual. The user sets the system controller with a desired final wakeup time, which is the time that the user must be awake. When the actual time reaches a stimulus introduction time (i.e. some time prior to the desired final wakeup time), the system controller causes the introduction of stimulus. The system further comprises a detection system that measures a parameter correlated to the individual's sleep level (preferably motion). This measured parameter is then used in a feedback loop to control the level of stimulus experienced by the individual. In this manner, the user is woken gradually over a period of time between the stimulus introduction time and the desired final wakeup time, without introducing any sudden shocks to the user's physiological systems.